



2013 14

**UMD Disorientation
Guide**

Introduction

Who wants to get disoriented? Well, you're in the right place! This zine serves as a reference guide for students and faculty seeking alternatives to corporate campus life. It directs attention towards student groups, activities, and ideas that the University Admin might rather keep off students minds. We present student perspectives on the state of higher education and our campus activist community, a reference guide to community-minded student groups, and stimulating discussions on topics like good consent, harm reduction, sex and gender issues, and reference guides such as self care, bike repair, and dumpster diving! We want to thank all the student groups, writers, editors, artists, and all the people who offered advice and words of wisdom, who made this project possible. This guide is a snapshot of the activist community at UMD during the 2013-14 school year, and we hope this inspires you to become engaged in our community, and sows seeds that grow into a field of fruitful ideas.

In Solidarity,

The UMD 2013-14 Disorientation Guide Editorial Board

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On the State of Higher Education

If you're reading this, it's more than likely that you're a college student. No matter your ethnicity, nationality, gender, or year, there's a high chance that you'll find something on this campus that's way too expensive. You've probably looked for apartments or houses to live in around the College Park area. In the beginning of the semester, you probably scoured all over Facebook and constantly nagged your friends about buying their used books that you need so you won't have to drop \$300 or more. You're probably contemplating switching to a major that better suits the career you want to pursue, enrolling in summer and winter classes to graduate on time, stressing about which classes to take to raise your GPA, choosing which school to transfer to, working out financial aid issues so your classes are paid for, going to community college for a year, or even dropping out. The students who wrote this guide and the ones around you are all going through similar things.



We go through so much stress and invest so much of ourselves into a degree just to secure a safe, comfortable living supported by a stable, good paying job. It's the highly sought-after "American Dream." It all sounds nice until you see the debt you have to pay to achieve this dream; a toll taken on your mind, body, and spirit as much as your finances. If you're lucky, your debt may not be that high, but then again, is there ever a bright side to debt? It's even worse to admit that many are unable to enroll for classes unless they receive scholarships that significantly reduce their out-of-pocket costs or if they get a full ride.

Right now, higher education is a rocky road. Aside from the drugs, sex, and partying we may choose to pursue, we may not be able to live out our goals or properly enjoy the rewards of our hard work post-graduation because we are stuck paying off an \$80,000 loan. Education is the transferring of knowledge, skills, and habits from one generation to the next. As people concerned for the sustainable advancement of humankind, how are we doing ourselves any favors by limiying access to the chance to exercise our knowledge and skills at a higher level? We have K-12 public schools which are free and maintained by the state and private schools, which operate on tuition and fees. What if we had a similar option for colleges and universities? Much like K-12 schools, the private schools may offer more than public universities. It's a constant struggle for many of us to be able to afford education that we want. Once we get where we need to be financially, there are structural issues like grading policies, distribution of credits among classes, and many more, but we should focus on getting everyone into the classroom first.

On the Activist Community at UMD

With this disorientation guide in hand and another exciting yet, at times, burdensome school year looming ahead, some of us approach Fall as we have for years, with a slight sense of hesitancy. If you're reading this, there is no doubt that you've been exposed to the follies of our society. From those who've witnessed hatred and ignorance to those who've had to suffer under it, I'm sure you've questioned what you were even doing here as you cut through crowds of blissful student-socialites wearing the latest in sweatshop-crafted fashion.

I don't have the answer for that. Somedays I wrestle with the fact that I'm at a big state school which is subsidized by citizens yet pays into corporatism. But that's what life is, right? A series of struggles. If we didn't face any conflicts, we might as well be dead.

There is a reason for our community. You might have a passion for environmentalism, anarchism, or gender issues. These and more are all components of the radical community, which itself is a voice for the disenfranchised. At times it may seem futile. This community of radicals, dreamers, and free spirits is something that the school doesn't necessarily want you to see, but you don't have to look too hard to see effects of the radical action and self-expression. From the food collective, to CHUM, to the underground artist collectives that dot our surrounding community, these radical spaces are testaments to the students and local residents who have responded to the call for creating unique, inclusive communities.

I hope this school year brings you peace in knowing that your presence changes the world. Let the scoffs and giggles of your classmates roll off your back as you grow into the unique and wonderful person you are, and understand that you may change a perspective today and unify a community tomorrow.



Student Group Reference Guide



Campus worker on the assault and abuse at the University of Maryland ~ “I don’t have faith in the system. People want to talk, but we are afraid to talk.”

Justice at Maryland

Workers deserve to work in an environment free from the threat of sexual, physical, and verbal violence. They deserve to work in an environment that is as safe as possible. They deserve dignity. When our campus is not doing enough to make sure these basic needs are a reality, then something needs to be done. JAM is dedicated to advocating for workers' rights, and bringing an end to systematic racial, sexual, and emotional abuse of campus workers at the University of Maryland.

Be a part of the solution! Come to our meetings on Thursdays at 5:30 pm in Jimenez 1224

JusticeatMaryland@gmail.com

We are a community, collectively run by its workers, that focuses on healthy, ethical food. We stand in solidarity with the social justice movement. Preparing and stocking healthy, local, organic, vegan foods is our passion.

Collective members and volunteers collaborate to provide all of the delicious food we offer, and all proceeds go directly to workers and back into our future projects.

We encourage you to join our community! Volunteer (and earn \$7 in food credit!) to help keep one of the oldest radical communities in the country alive; attend our skill-shares and other events; bulk-order your groceries at wholesale prices; use our space to organize for social justice; or just talk with employees about politics or music. We are a safe space dedicated to people, not profit! Come in for breakfast or lunch and get involved!

SANDWICHES

SALADS

WRAPS

Check out our new breakfast menu served Mon - Fri 8am - 11am

fair trade coffee and tea

vegan and gluten free pastries

organic produce

bulk snacks

burritos

snack mixes

refillable drinks

located in the basement of Stamp Student Union

find us online at www.mdfood.coop

on twitter @mdfoodcoop \$ on facebook!

Open:

M-F 8am-6pm

Sat. 9am-3pm

THE POWER IN BULK!BUYING.

The Maryland Food Collective is committed to fostering a close-knit community that through our actions and conversations transforms the way that the masses of individuals coming through this university think about our food system. As a worker-owner for the past two years, I wanted to take some space here to talk about a small piece of what we do that I find pretty radical and would love your help to grow: Bulk-Buying.

What's Bulk-Buying? I'm not talking about stocking up on cheap toilet paper and cereal at Costco. I'm talking about shifting our resources from big grocery retail stores and investing in buying our food in bulk or direct through farmers- bulk grains, beans, dried fruit/nuts, sugar, spices, flour, you name it. Why? Bulk-buying is the shit. Buying your groceries in bulk avoids unnecessary packaging that's a strain on our environment, helps you stay in touch with your values while on a budget (Organic bulk foods on average cost 89% less than their packaged counterparts), and, when done as a communal effort through bulk-buying clubs, builds community solidarity around good food- which is essential if we're interested in cultural shift towards a more just, compassionate, and sustainable food system.

How Can We Do This? The Co-op is here to support interest in a resurrected movement toward buying in bulk and divesting from a lot of the waste and detachment that goes along with mainstream retail grocery purchases. Let us know that you're interested, and together we can make this kind of activism a larger part of UMD culture.

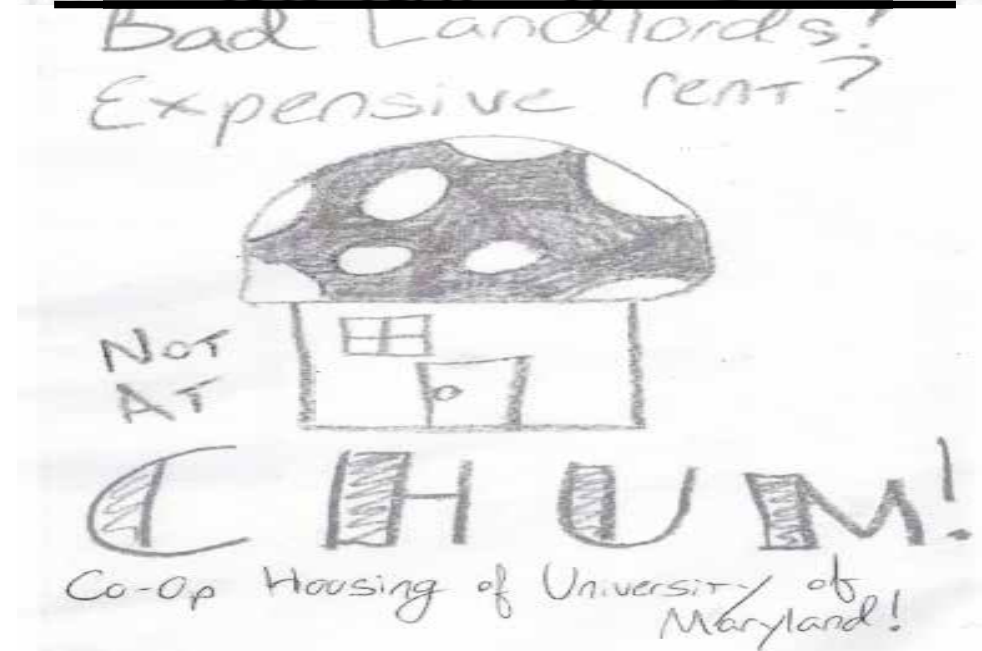
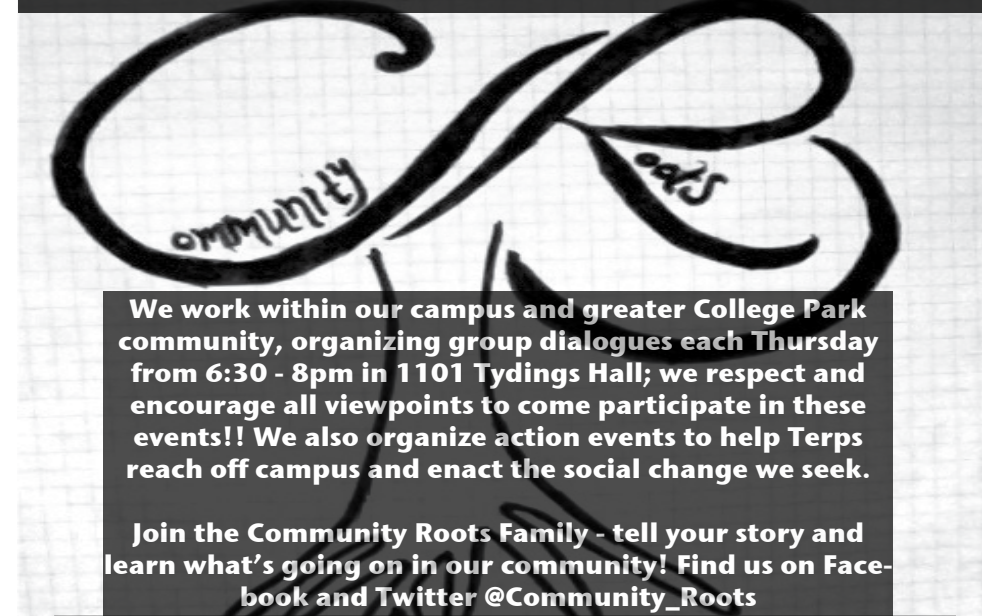
Mary Schulte

Hey! That statistic came from here! : http://www.bulkgreen.org/bulk-food-facts_5070_ct.aspx.

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Community Roots is fundamentally an activist based organization that seeks to unite Terps from across all backgrounds as a force for social change.





Terp Changemakers educates, supports, and empowers innovative students with a passion for social change by building a network of University of Maryland changemakers.



Facebook: AshokaU TerpChangemakers
Email: terpchangemaker@gmail.com



Bedsider.org is here to help you get on top of your sex life. It's chock-full of useful information about relationships, sex, and protection. It lays out your options, shares fun facts, and offers funny texts to remind you to take your birth control. It's totally free and constantly updated. Feeling curious? That's the idea.

Contact info:

For Bedsider at UMD: <https://www.facebook.com/BedsiderUMD>

For the official Bedsider Website: <http://bedsider.org>

Seeking help is a
sign of **strength.**

Help Center is here for YOU.

Sunday-Thursday: 2pm-2am

Friday: 2pm-10pm

Saturday: 4pm-12am

www.umdhelpcenter.org



**You are
NOT alone.**



Active Minds at Maryland is a student-run mental health advocacy, education, and awareness group on campus. We work to erase the stigma surrounding mental illness and promote positive mental health on campus. We work as a liaison between students and mental health resources on campus. We'd love to see you at our meetings on Thursdays at 7PM in ASY 3207! You can also reach us on Facebook and Twitter!



Upcoming Events:

9/24 - DOTS
 10/8 - Truth: Media, War, and Liberty
 10/22 - Rise of the Police State
 11/5 - Naomi Wolf : Rising Power of Government
 11/19 - NSA, Privacy, and You

United Youth Movement aims to encourage social and political activism through spreading awareness about pressing issues that face our generation. We feel it is critical to not only be aware of the issues, but to stand up for our representation and act on this awareness. UYM is a leader in facilitating our generation to integrate, share, and act together.

“A small group of thoughtful people could change the world. Indeed, it’s the only thing that ever has.” -Margaret Mead

Connect to our Facebook and Twitter for up-to-date news and events!



AMNESTY INTERNATIONAL UMD 13

We are the student chapter of Amnesty International, working to promote human rights causes and alleviate injustice around the world. We have helped to abolish the death penalty and pass the DREAM Act in the state of Maryland. We frequently “table” at Stamp Student Union, asking students to sign postcards and letters that we then send to our representatives in Congress and the Maryland General Assembly. We also hold vibrant events, including candlelight vigils, human rights open mics, networking events for human rights groups on campus, photo petitions and more. We also join fellow chapters from nearby universities such as George Washington University, Howard University and American University in Washington, D.C., for rallies, marches and conferences.

For more information on Amnesty International, go to amnestyusa.org.

To join our chapter, request to be a member on OrgSync or email us at aimaryland@gmail.com or maryclare.fischer@gmail.com.

The UMD, College Park chapter of Students for Sensible Drug Policy (UMD SSDP) is the students’ force to bring logic into campus policies regarding the use and abuse of legal and illegal drugs. Whether we bring top drug policy experts like Eric Sterling, Sanho Tree, and Dan Riffle, ushering in the Good Samaritan Policy, or organizing the Safe Rave, we’re always committed to education, not incarceration” For more information on the group, email SSDP President Nico Ortega at nicosspd@gmail.com or check us out on Facebook at facebook.com/ssdpters. Remember, be safe, be sensible, and speak out.



Join UMD Students for

Justice in Palestine

Mondays at 7pm

Stamp Student

Involvement Suite

umd.sip.blogspot.com

umd.sip@gmail.com

Join us on Facebook

Follow us on Twitter

@umd_sip



Questions about
Palestine?
Scan our QR
code for more
information!



AMERICAN INDIAN STUDENT UNI

UNIVERSITY OF MARYLAND

CAN YOU IMAGINE?



THE CLEVELAND INDIANS LOGO IS RA

WHERE DO YOU ST

Can You Imagine If The Cleveland
Indians, Asians, And,
Africans, Athletic Teams Existed
Would Be RACIST.

Aisa.umd@yahoo.com

<http://www.studentorg.umd.edu>

Twitter @A13UatUMD

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UMD?

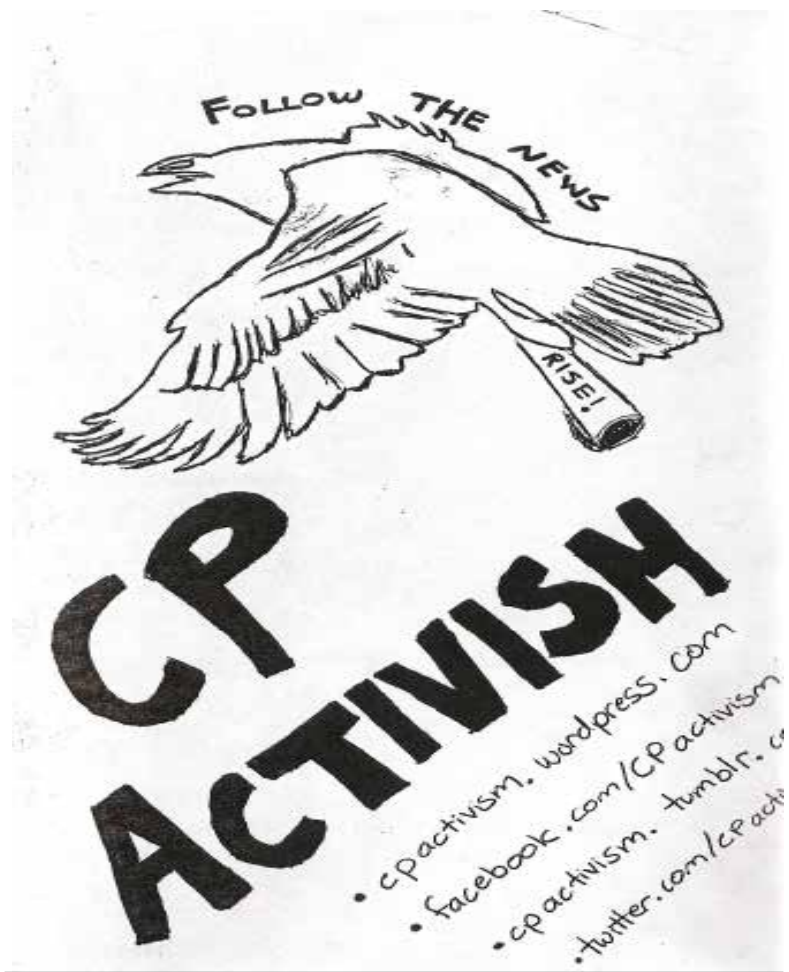
umdsip@gmail.com
facebook.com/the.love.movement.umd
the.love.movement.umd@gmail.com

JOIN THE MOVEMENT

- Kill apathy with kisses
- Meet lots of fun people
- Promote positivity
- Smother hate with hugs

THE LOVE MOVEMENT

LOVE IS WHERE WE ARE



Fossil Free UMD is a group of motivated and passionate UMD students who will not sit idly by and let our university succumb to the grip that fossil fuels have on our society! We stand for one thing, and that is a clean energy future. In order to do that, we encourage clean energy, and clean investments for UMD!

Find out more information at facebook.com/fossilfreeUMD, or email fossilfreeumd@gmail.com!

DRUGS - A Harm Reduction Guide for Recreational Users

If the politics of drug use are unclear, the fact of their presence around college campuses is not. While neither condemning nor recommending their use, we present some basic information about the local drug culture and how to use drugs safely. This guide is by no means comprehensive. Please be cautious and seek help before abuse becomes a problem.

General Rules:

(1) Moderation. If you're a beginner, or the substance or dealer is new to you, only consume a small amount until you see how you feel. (2) Know your source. (3) Use in a safe space with people you trust. (4) You do you. Don't let others pressure you into changing your behavior. (5) Know your lingo. If someone offers you chronic, it's not just marijuana. (6) There's a hierarchy of addiction for different drug use methods. The probability of addiction is lower for oral consumption. (7) Different people experience different effects with different drugs. Remember, no illicit drug is safe and no reaction is certain because they are unregulated. (8) Never leave someone who is overdosing, or having a difficult time, alone.

What does an overdose look like? unresponsive, seizures or excessive shaking, hyper- or hypothermia, shallow or slowed breathing, and blue lips. Don't leave them alone and call 911 for help, or get them to an emergency room ASAP.

MDMA and Ecstasy - “Molly and E or X”

What do you do with it? You can snort powders (molly) or swallow pills (E). Try placing powder in an empty pill capsule.

Effects: Molly and Ecstasy have the same intended active ingredient, MDMA. It makes people feel happy, energetic, affectionate, and great empathy towards others. A typical dose is 0.14 grams for a 180-lb adult. Molly is supposed to be pure MDMA, however, both ecstasy and molly can be cut with other substances. Long-term use can lead to depression. It usually takes an hour or more to kick in so be patient. If you're dancing like a maniac, make sure to drink some *H2O*.

Duration: usually 3-5 hours. The “crash” can last 1-2 days

Tips & Tricks for Safe Use: Always play it safe. Don't mix with Anti-Depressants. Avoid overheating. Follow the general rules above. Check out DanceSafe (<http://www.dancesafe.org/>) for more information and DIY drug testing kits to look for contaminating substances. If you are experiencing a harsh comedown, take supplement 5-HTP, Vitamin C, and drink plenty of water.

Cocaine and Other Uppers - “blow, snow, yay, powder”

What do you do with them? snort or swallow pills.

Effects: Cocaine and other stimulants cause a sense of excitement, increased alertness, focus, stamina, and fine motor skills. They can also elevate a user's heart rate, blood pressure, and breathing. Snorting can cause a greater likelihood of addiction.

Duration: Onset of effects is immediate, lasting 1-3 hours.

Tips & Tricks for Safe Use: Drawbacks are high increased possibility of overdose, addiction, and the inevitable crash. Overdosing happens and it's no joke dangerous. When you begin to come down, don't chase the high by taking more and more to keep from crashing. When your body is telling you it's time to stop, do it! You had your fun, now it's time to go the fuck to sleep. Acupuncture, and herbal supplements like Skullcap and Valerian may help soothe heavy crashes.

Cannabis - “Weed, Pot, Reefer, Grass, Green”

What do you do with it? Smoke in a bowl, bong, pipe, joint, blunt, vaporizer, or consumed in edibles.

Effects: Everything is a lot funnier and you want to eat all the food. Some people describe it as a brain massage. You can't overdose, but it can negatively effect your behavior with regular use.

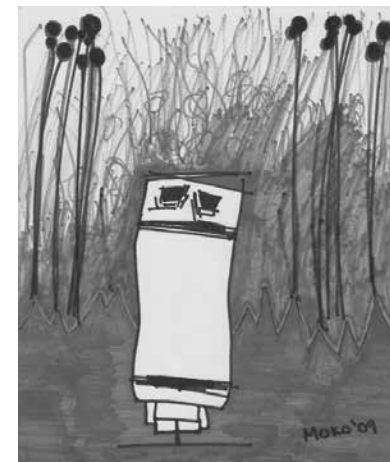
Duration time: usually between 3-6 hours.

Tips & Tricks for Safe Use: Don't smoke and drive. Beware of sketchy dealers and knock-offs like Spice and K2. Be cautious of brownies because they are (a) yummy! and (b) loaded with THC. Try only eating a small portion of a brownie and be patient, it's takes a while to kick in. Too much and your high can be extremely unpleasant. Try making a second batch of clean brownies, and tag these in when your munchies take over. Erowid (www.erowid.org) is a great place for more information on objective drug facts, anecdotes, and harm reduction tips.

Alcohol

This drug is a legal controlled substance that needs no introduction and can be very dangerous. Healthy Terps at the UMD Health Center has more info on how to party smart.

Website: <http://www.health.umd.edu/> Phone: (301) 314-8106.



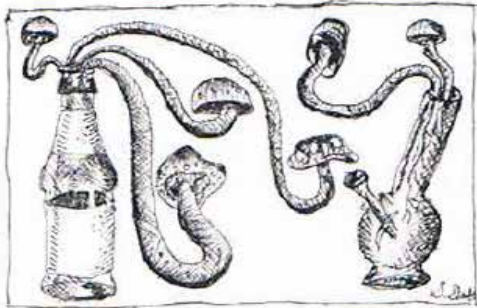
Psychedelics (LSD and Psychedelic Mushrooms) - "acid and shrooms"

What do you do with them? Acid usually comes in strips or tabs and you place a tab (one dose) on your tongue. You eat Shrooms. They are usually small, white or gray on top with purple or dark undersides.

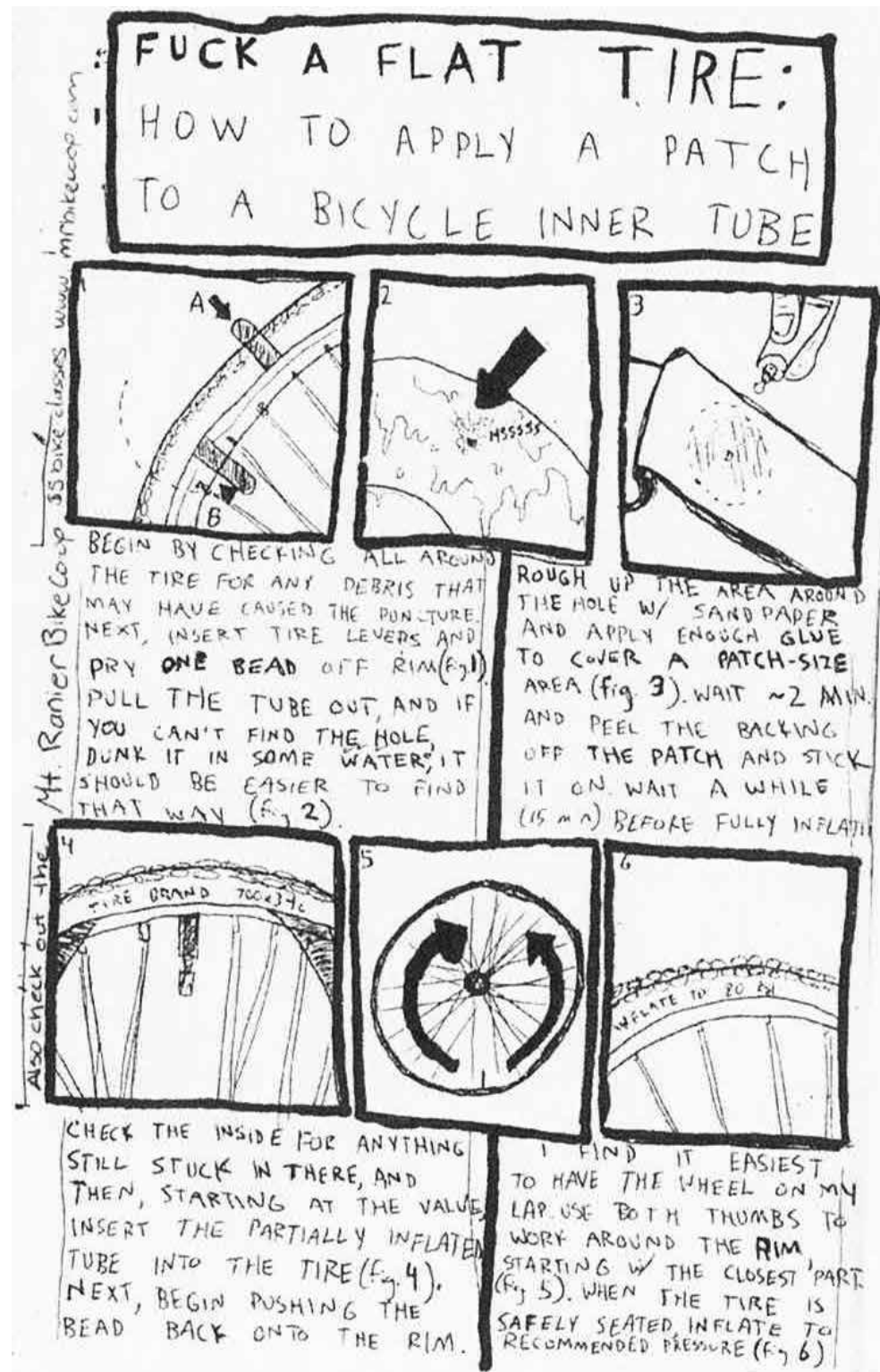
Effects: Both take about an hour to set in, but once they do, you may see distortions in vision, sound, and touch, and have very profound thoughts. Be very careful to use in moderation.

Duration: Acid lasts from 8-13 hours; Shrooms from 5-8 hours

Tips and Tricks for Safe Use: The most important determining factor in your experience with psychedelics is the feeling that you are in a safe space. If you feel uncomfortable with your setting, you could have a bad trip. Addiction potential is very low. No crash or recovery period. However, overheating is possible on acid and it may be laced with other substances. If you want to test your LSD for contaminating substances, you can order a test kit from Bunk Police (www.bunkpolice.org).



Our university's "Good Samaritan Policy" allows students to call for help if they, or a friend, are experiencing an overdose, without fear of arrest or administrative punishment. So remember, never leave your friend who is having trouble alone, even for a second, and call for help if you need to. If you need help or need advice about drug use or abuse, talk to the UMD Health Center Substance Abuse Program. 301-314-8106



EDIBLE WEEDS

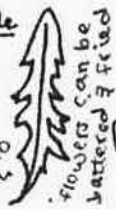
commonly seen
on campus

1. DANDELION

taraxacum officinale

IDENTIFY BY:

- irregular leaf lobes
- milky hollow stems
- EAT IN: salads
- whole 5-10 min



2. MULLEIN

verbascum thapsus

IDENTIFY BY:

- large, dense, soft woolly leaves
- gray green color
- rosette growth pattern



DRINK: dried as tea for lung health

3. PURSLANE

portulaca oleracea

IDENTIFY BY:

- purple to pink stem
- thick fleshy stems and leaves
- growth flat against the ground

EAT:

- in salads
- boiled
- pickled



4. PIGWEED

amaranthus retroflexus

IDENTIFY BY:

- harsh bristled hairs
- reddish stem at maturity
- deep ridges on stem



EAT:

- cooked like spinach
- seeds cooked as cereal

5. LAMBSQUARTERS

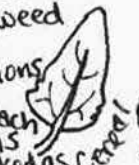
chenopodium album

IDENTIFY BY:

- arrowhead shaped leaf
- similarity to pigweed (but no ridges)
- green stem striations

EAT:

- cooked like spinach
- as salad greens
- seeds cooked as cereal

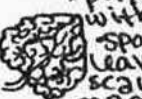


6. PURPLE DEAD NETTLE

lamium purpureum

IDENTIFY BY:

- square stem
- purple tint with age
- spade shaped leaves with scalloped margins



EAT:

- blended into a smoothie
- cooked like spinach

7. CHICKWEED

stellaria media

IDENTIFY BY:

- small, notched leaf shaped leaves
- leaves paired
- small size
- growth prostrate or erect

EAT:

- leaves and stems in salad
- cooked like greens



8. HENBIT

lamium amplexicaule

IDENTIFY BY:

- fanned sessile leaves
- pale green color
- grow in clumps
- 10-12" tall growth



EAT:

- as a cooked green

By: FOSTER G.

How to be a Rad Trans Ally

There are lots of ways to be an ally to trans* folk! Here are some starting points:

- Use people's preferred pronouns (i.e.: he/she/ze/they/etc.)
 - If you're unsure (gender isn't something you can tell by looking at someone,) ASK! (what pronouns do you prefer?)
 - The singular form of "they" is also an option and yes, it's grammatically correct!
- Familiarize yourself with gender neutral pronouns and use them when requested. Ze/hir/they/etc.
- Educate yourself! There are lots of resources out there--books, zines, outreach organizations, the interwebz, etc.--so use 'em!
- Transgender is **not** a noun (ze is a transgender, they are transgenders) it is not a verb (she is transgenering or she is transgendered) it is an adjective (he is transgender).
- Speak up when you hear transphobic "jokes," comments, and other unsavory remarks. BUT also remember we are not voiceless/powerless; we dig solidarity/cooperation/affinity politics!
- Remember there is no monolithic trans* experience or narrative. We all have different experiences and they're all valid.
- The only thing that makes someone trans is self identification. If they identify as trans, they are and if they don't, they aren't.
- If you mess up (we all make mistakes,) apologize, make amends, move on, and don't do it again.

Resources for Trans folk on and off Campus

- Trans U (Campus-Pride Alliance)
- Office of LGBT Equity (Campus)
- DCATS (D.C.)
- Whitman Walker Health (D.C.)
- HIPS (D.C.)
- DC Trans Coalition (D.C.)
- Health Center (Campus - <http://www.health.umd.edu/healthpromotion/lgbthealth>)
- Hamsa (Campus- <http://www.studentorg.umd.edu/hamsa/Index8.html>)



24 How to be an ally to rape/sex abuse victims

DO:

- Believe them
- Cease contact with the person they name as their rapist
- Take them to the emergency room for a rape kit if you are able and they are willing, or find a service, trusted friend, or relative that can take them.
- Provide them with resources and information about their options and rights; the Rape, Abuse, and Incest National Network (RAINN) provides a 24/7 hotline for victims of rape/sexual assault needing resources and emotional support.
- Remain supportive of your friend regardless of the outcome of any trial; rapists are rarely convicted due to a legal system that victim-blames.

DON'T:

- Question their story. 1 in 4 women are sexually assaulted in college (source: New York State Coalition Against Sexual Assault). It is not only extremely likely that your friend is telling the truth, but it is cruel to distrust a person who has confided in you with such painful and sensitive information. Questioning your friend now can have extremely adverse effects on them as well as creating a situation where their rapist can get away with many more crimes before being caught. Also, there is a very large stigma surrounding men who are victims of sexual assault that lead to many men remaining silent.
- Tell them that they must be mistaken because their alleged rapist is a “nice guy.” Rapists cannot be identified through physical appearance, and doubting your friend when they need support is victim-blaming.
- Blame your friend in any way. Whether your friend was drunk knowingly or unknowingly, knew their rapist, was walking alone at any time of day or night, no matter what they were wearing—no matter WHAT, they did not ask for it, they did not want it, and none of their actions caused the choice of their RAPIST to RAPE them
- Compel your friend to tell the authorities or anyone else what happened against their will. Rape is an extremely underreported crime, largely because of the re-victimization and trauma that many people go through during the legal process. Your friend's emotional, mental, and physical health and safety should come first.
- Tell anyone else without your friend's permission.

“Grey rape:” there's nothing grey about it

25

“They were extremely drunk / significantly drunker than I was” — You don't have to be in the fetal position to be in no position to consent. A person that is so drunk that they won't remember what happened when they wake up the next day is too drunk to consent, even if they say yes in the moment.

“Technically they were underage, but they said yes!” — Age of consent laws exist in recognition of the power dynamics between children and adults. This inherent imbalance means that children cannot truly give consent to sex with adults. It is your job as an adult to say no to a child asking for sex and to take statutory rape very seriously.

“They didn't say no” — But did they say yes? Did you create a safe space for them to say no? Consent is not just not saying no, it is enthusiastically agreeing (either verbally or through clear body language) and being able to say no at any time without fear of harm.

“They were wearing revealing clothing” — A person can be completely naked and still have the right to reject your advances. Under the logic of this statement, I would be very wary to take a shower if I were you, because people would be popping out of the woodwork claiming that they were allowed to violate you because you got naked. People's clothing choices are valid, regardless of the criteria used by them to choose an outfit, and do not invite you to touch, leer at, or comment on them without their permission.

“They didn't physically stop me” — A person is not required to physically stop you from raping them whether they are physically and/or mentally capable of doing so or not.

“I didn't hear them use the safeword” — Even if your partner whispers a pre-decided safeword, both of you are responsible for listening for that word throughout sex. Sometimes a partner is only able to whisper a safeword, or is prevented from using one because of erotic play that involves their mouth. Make sure to give your partner space when they will be capable of saying the safeword throughout sex and make sure to listen for it in case it is said softly or during a loud time.

“Grey rape:” there’s nothing grey about it cont’d

“They said yes earlier, but when they changed her mind I thought if I kept going they would like it” — Never assume that you know better than a person who is asking you to stop. If a person says no, no matter how many times they’ve said yes, if you continue it is rape.

“I didn’t know that I could be a rapist because I’m a girl” — While rape is overwhelmingly a crime committed by men, and disproportionately affects women, women can also be rapists and many men are victims of rape. It is important for EVERYONE to establish consent when having sex, regardless of gender identity.

“I was about to cum and even though they had changed their mind/were finished/had just asked me to stop, I didn’t want to get blue balled” — Your sexual pleasure does not outweigh someone else’s sexual discomfort. It is better to be blue balled than to be a rapist.

“We’re a committed couple, so they have to say yes to sex all the time” — Anyone has the right to say no at any time, even someone in a relationship, including marriage.

“They’re a prostitute, so they have to say yes” — Sex workers have the right to say no to sex and they have the right to establish sexual boundaries. If a sex worker says that they will not participate in anal sex, it is non-negotiable. If you have your heart set on anal sex, you will have to find someone else. If a sex worker asks you to stop at any time during sex, you must stop. Sex workers deserve the same amount of respect and right to bodily autonomy as anybody else.

“They flirted with me earlier, so I thought they wanted to have sex” — Flirting is not a green light to have sex. While flirting can express interest and even sexual interest, the only green light to have sex is if someone asks you to and you say yes. Make sure that this person is actually flirting—many men misinterpret a woman being nice to them as flirting when it is in reality normal friendly behavior.

The Pillars of Consent

- Must be able to say no without fear of being harmed mentally, emotionally, or physically.
- Must say yes enthusiastically either verbally or through clear and distinct body language.
- Must be capable of making an informed decision about whether or not to have sex. A person who is severely intoxicated, unconscious or drugged cannot consent. Listen carefully to elderly people and people with disabilities regarding their consent, especially if they have issues with verbal communication. If someone is physically unable to shake their head yes or no, they will have other ways of communicating consent.
- Must be of age. The age of consent in Maryland is 16, although it varies by state.
- Consent applies to much more than sex.

RESOURCES

UMD Resource: Campus Advocates Respond and Educate to Stop Violence (CARE);

<http://www.health.umd.edu/mentalhealth/sarpp/>

Rape, Abuse, and Incest National Network (RAINN) - The nation’s largest anti-sexual assault organization that works with local rape crisis centers; provides around-the-clock help for victims

RAINN 24/7 hotline: 800-656-HOPE (4673), or ohl.rainn.org/online/

Know Your IX; knowyourix.org. A resource for educating college students on their legal rights regarding sexual violence.



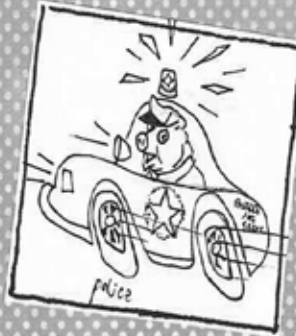
How-to dumpster dive

Things you need:



A grocery store with a full dumpster

Things you don't need:



tips:

better safe than sorry

always be nice to workers
even if they catch you and ask
you to leave

leave it lookin' nice

bad eggs float, good eggs sink

take only what you need
or can distribute among friends

share and be fair

leave meat and dairy alone... unless it's really cold

trust your senses

SELF-CARE 101

by remy k. riot

"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."

-audre lorde

As the good lorde says, self-care is really important! ...but what exactly does self-care look like, what does it mean, & how can you practice it? Self-care is exactly what it sounds like: it's taking care of yourself! Within the context of a white supremacist, capitalist, heteropatriarchy, self-care is a crucial, powerful, & underused tool. It teaches us to be in tune with our needs, desires, & boundaries, as well as fostering self-reliance & agency. basic tenets of self-care include basic needs, such as getting enough sleep & eating regularly. However, self-care can be so much more than that & looks different for everyone!

here are a few examples of self-care:

- taking a hot bath or shower
- taking "me" time to do something you enjoy or simply relax!
- drawing, doodling, painting, & making all sorts of art
- wearing your favorite outfit
- setting clear & direct boundaries
- being in touch with your desires & following them
- lying in the grass & watching the clouds
- blowing bubbles
- reading, listening to music, & writing
- trying new things

JENNA B., RINGMASTER OF THE SASSYFRASS CIRCUS,
PRESENTS THE DISORIENT THYSELF GUIDE TO

HOW TO AVOID ACTIVIST BURNOUT



Medical Cannabis

Science:

"Cannabinoids have been found to have antioxidant properties....This new found property makes cannabinoids useful in the treatment and prophylaxis of wide variety of oxidation associated diseases, such as ischemic, age-related, inflammatory and autoimmune diseases. The cannabinoids are found to have particular application as neuroprotectants, for example in limiting neurological damage following ischemic insults, such as stroke and trauma, or in the treatment of neurodegenerative diseases, such as Alzheimer's disease, Parkinson's disease and HIV dementia. Non Psychoactive cannabinoids, such as cannabidiol, are particularly advantageous to use..." US Department Of Health And Human Services

CBN

CBN is somewhat psychoactive at roughly 10% the activity of THC. CBN is a breakdown product that occurs when THC is exposed to light or heat. CBN causes drowsiness and reduces spasms.

THC

The most well-known cannabinoid and the most psychoactive. THC has the ability to alter behavior, mood perception, and consciousness. THC is responsible for the euphoric feeling some people consider as being "high".

CBG

CBG, which is more commonly found in the non-psychoactive hemp plant, has shown significant ability to counteract and prevent tumor formation.

THCV

THCV is a psychoactive cannabinoid that may help treat diabetes and is being investigated as an anti-obesity drug.

CBD

CBD is not psychoactive; studies have shown it to have anti-inflammatory, anti-anxiety, anti-nausea, neuroprotective, blood pressure lowering and pain-killing properties, among many others.

CBC

CBC has analgesic, anti-inflammatory, and very promising antibiotic properties.

Law:

(iii) 1. In a prosecution for the use or possession of marijuana under this section, it is an affirmative defense that the defendant used or possessed marijuana because:

- the defendant has a debilitating medical condition that has been diagnosed by a physician with whom the defendant has a bona fide physician-patient relationship;
- the debilitating medical condition is severe and resistant to conventional medicine; and
- marijuana is likely to provide the defendant with therapeutic or palliative relief from the debilitating medical condition.

2. The affirmative defense may not be used if the defendant was:

- using marijuana in a public place; or
- in possession of more than 1 ounce of marijuana.





Join other UMD students attending this important National Environmental Youth Power Conference. Transportation to the event is provided by a free shuttle service for UMD students.

email UMDPowerShiftTeam@gmail.com to learn more!
OR register at wearepowershift.org

Fight for A clean and just energy Future!

If you want to get involved in film production, studio production, hosting radio shows and more with a student-run media initiative centered on non-corporate issues, UNTV Media is the media collective for you. Get your story out and expose the issues affecting your community!

www.blogtalkradio.com/unitv-radio

Radio Station

UNITV

HEAR THE TRUTH

UNITV

YOUR REGULARLY SCHEDULED DE-PROGRAMMING

WICH MARCH JOBS NOW!

EQUA RIGHT NOW!

Contact:

Director:
Solomon Comissiong
solomon@umd.edu

Student Director:
Tim Baldauf-Lenschen
tim.baldauf@gmail.com

COLLEGE

UMD Food Cooperative presents:
Honest Haloway
Pleasure Curses
Arab Spring

SEP 28 8:00pm

[Facebook.com/honesthaloway](https://facebook.com/honesthaloway) College Park, MD

IMPROV SKETCH STAND-UP

INTERESTED IN

COMEDY?

TRY OUT FOR

THE BUREAU

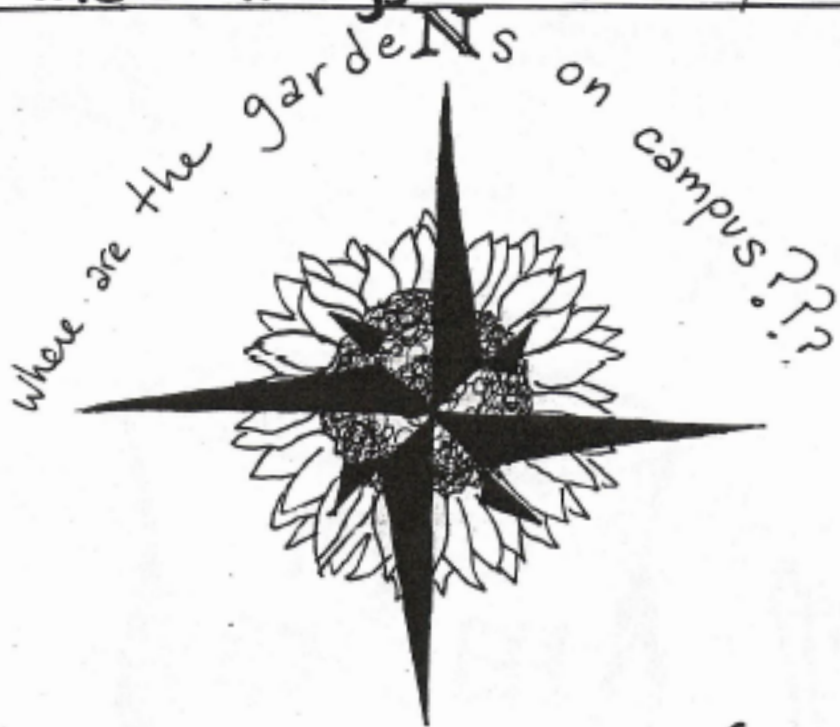
MARYLAND'S ONLY ALL-PURPOSE COMEDY TROUPE

AUDITIONS!

NO EXPERIENCE NECESSARY

THURS | 7:30 PM
19TH SEPT | HJP 0226

for more info and a map, see
umdcommunitygardens.com/locations

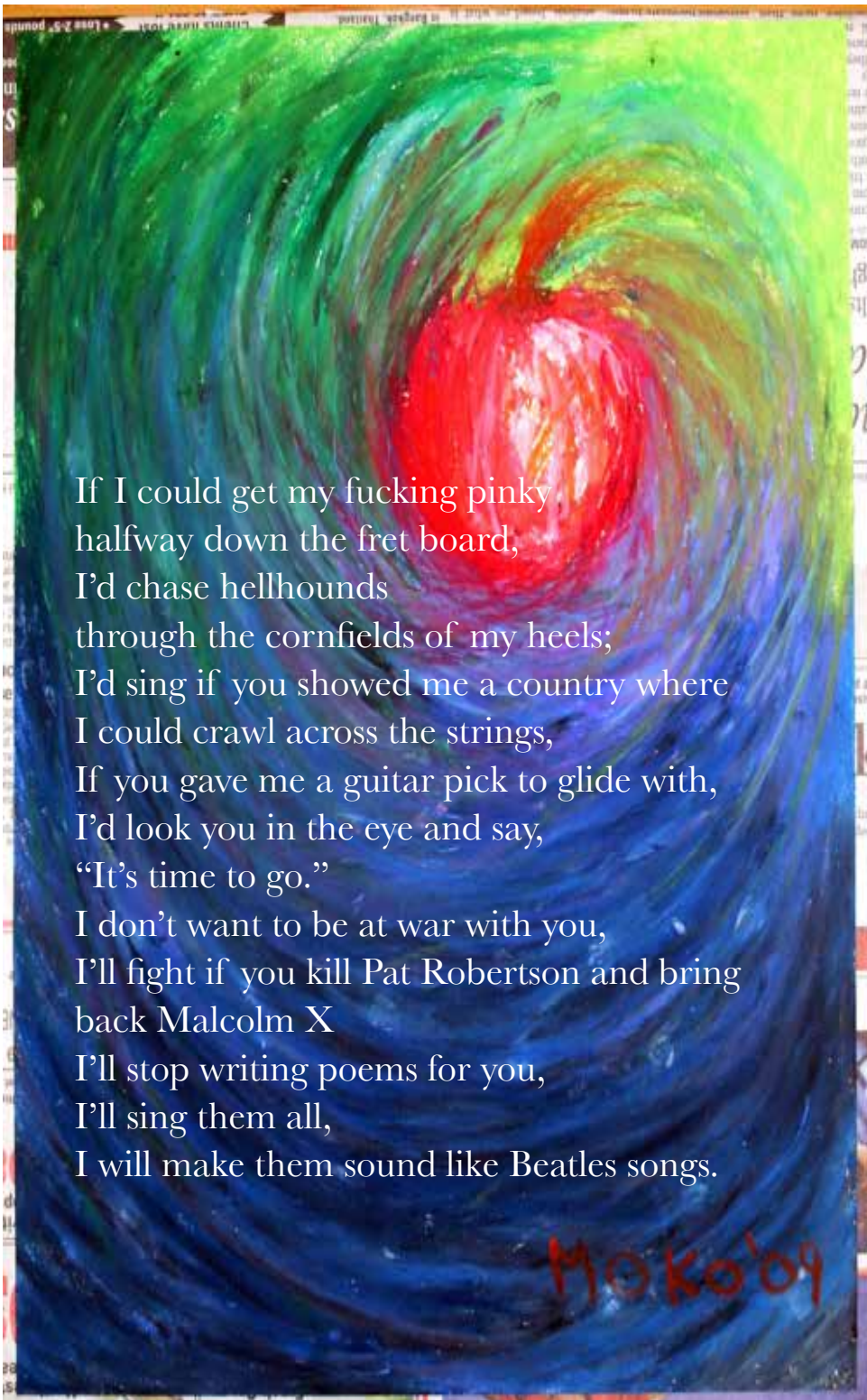


South Campus Rooftop Community Garden
3114 South Campus Dining Hall. Facing front entrance go to 3rd floor via either single side door. Elevator thru right side door. Once upstairs, look for glass double doors!

Public Health Garden
North Campus, in between the School of Public Health & Eppley Rec Center. Look for a paved terrace with raised beds and a steep hill!

Am Ha'Aretz
On the front lawn of Maryland Hillel, 7612 Mowatt Ln. Behind the Business School/Van Munching. Look for colorful raised beds and signs!

St. Mary's Language House Garden
Central campus, in b/n St. Mary's Hall & Health Center. Walking from Stamp, cross Campus Dr. Go around Health Ctr to the right! Garden is on the right!



If I could get my fucking pinky
halfway down the fret board,
I'd chase hellhounds
through the cornfields of my heels;
I'd sing if you showed me a country where
I could crawl across the strings,
If you gave me a guitar pick to glide with,
I'd look you in the eye and say,
"It's time to go."

I don't want to be at war with you,
I'll fight if you kill Pat Robertson and bring
back Malcolm X
I'll stop writing poems for you,
I'll sing them all,
I will make them sound like Beatles songs.

Moko'09

WE HOPE YOU
ENJOYED OUR ZINE



HAVE A RADICAL
YEAR !!!